



## Positive Education Resources

Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions (Gable & Haidt, 2005).

Positive education involves the application of positive psychology research into educational settings with the aim of creating flourishing students, staff and whole school communities.

### Questionnaires

\*VIA Survey of Character survey\*

Complete the survey at:

<https://www.viacharacter.org> OR <https://www.authentichappiness.sas.upenn.edu/default.aspx>

### Key Researchers and Websites

Martin Seligman – PERMA / Positive Psychology

<http://www.authentichappiness.sas.upenn.edu/newsletter.aspx?id=1551>

Books: “Authentic Happiness” & “Flourish”

Carol Dweck – Growth Mindset

<http://mindsetonline.com/>

Book: “Growth Mindset”

Barbara Fredrickson – Broaden and Build Theory

<http://www.positivityratio.com/>

Book: “Positivity”

Sonja Lyubomirsky

<http://thehowofhappiness.com/>

Book: “The How of Happiness”

Csikszentmihalyi – FLOW

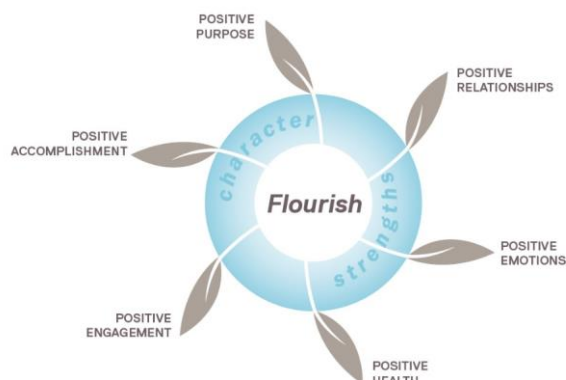
<http://www.cgu.edu/pages/4751.asp>

The Greater Good Science Center – the Science of a meaning life (University of California, Berkeley)

<http://greatergood.berkeley.edu/>

Geelong Grammar School – many free articles about positive education:

<http://www.ggs.vic.edu.au/>



## Electronic Newsletters & Conferences

Happiness Institute (Dr Tim Sharp) – free resources and weekly newsletter:

<http://www.thehappinessinstitute.com/>

Happiness & its Causes – free resources and weekly newsletter:

<http://www.happinessanditscauses.com.au/resources.html>

<http://greatergood.berkeley.edu/>

[www.Positivetimes.com.au](http://www.Positivetimes.com.au)

<http://positivenews.org.uk/>

Positive Schools Conferences:

<http://www.positiveschools.com.au/>

## YouTube clips

Seligman clip on Positive education (23 mins):

<http://www.youtube.com/watch?v=e0LbwEVnfJA>

Character strengths in an elementary schools (USA)

<http://www.youtube.com/watch?v=wZYveRLtXXY>

Everything's amazing and nobody is happy:

<https://youtu.be/uEY58fiSK8E>

Be more dog:

<https://youtu.be/iMzgl0nFi3s>

## Mindfulness

Smiling Mind:

<http://smilingmind.com.au/>

## Savouring

The Simple Thing That Makes the Happiest People in the World So Happy (Eric Barker, April 13 2014)

<http://time.com/59684/the-simple-thing-that-makes-the-happiest-people-in-the-world-so-happy/>

## Gratitude

Robert Emmons - Gratitude

Book: "Thanks: How the New Science of Gratitude Can Make you Happier"

[http://greatergood.berkeley.edu/article/item/why\\_gratitude\\_is\\_good](http://greatergood.berkeley.edu/article/item/why_gratitude_is_good)